

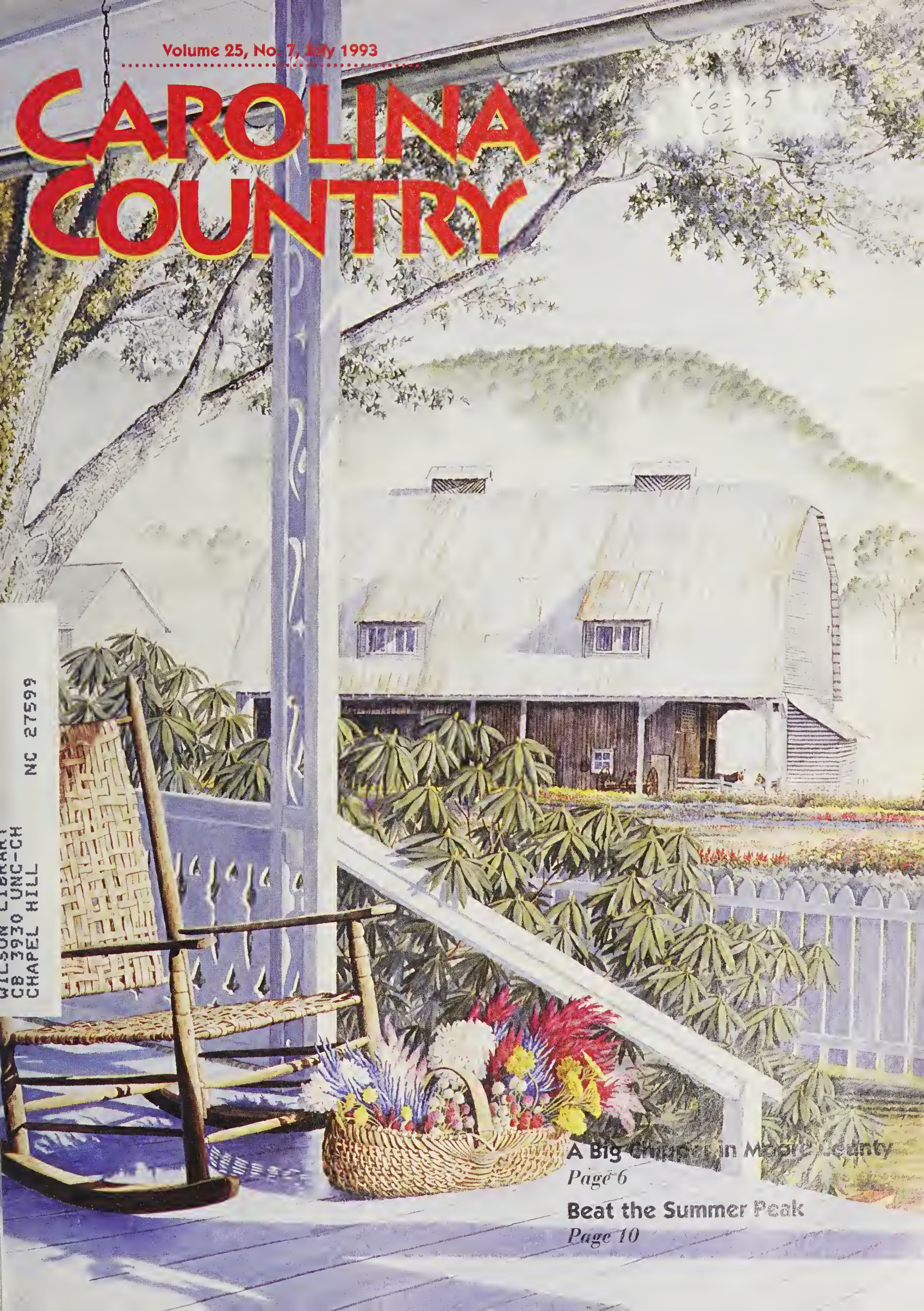
Volume 25, No. 7, July 1993

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A Big Chipper in Moore County
Page 6

Beat the Summer Peak
Page 10

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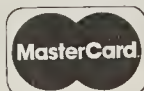
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Carolina Electric Cooperatives

Carolina Electric Cooperatives is the network of electric cooperative organizations that provides reliable, safe and affordable electric service to 600,000 homes, farms and businesses in North Carolina. At the heart of Carolina Electric Cooperatives are the state's 28 Electric Membership Corporations, each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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CAROLINA COUNTRY

Our View

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North Carolina's rural areas are increasingly attracting new jobs, thanks in part to local electric co-ops. Dong Strattman of Carolina Electric Cooperatives says this trend can continue only if the co-ops and other organizations provide strong support for education.

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How much wood can a wood chipper chip? In Moore County, a new mill chips about 68 tractor-trailer loads of logs every day.

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"Beat the Peak" means avoiding the use of electricity when production costs are highest.

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A Harnett County substation is dedicated to a retired EMC manager ... McDowell High School has the 1993 N.C. Teacher of the Year.

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Sneads Ferry shrimp ... Shakespeare in High Point ... Murfreesboro watermelon ... Valle Crucis herbs ... Misty Mountain quilts.

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Now is the time to sow perennial seeds.

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Lemonade pie.

On the Cover

"Mast Farm Inn Revisited" is a new painting by Watauga County artist Richard Tumbleston. It's his second work focusing on scenes at the farm near Valle Crucis. The first, "Mast Farm Inn," appeared on our January cover.

Limited edition prints of the new painting are available for \$89.80 each, including tax and shipping charges. Each 16½-by-19½-inch print will be accompanied by a bonus mini-print of Tumbleston's painting, "Grandma's Hands," (reproduced below)—a \$20 value.

Tumbleston is a consumer-member of Blue Ridge Electric Membership Corporation, Lenoir. Write to him at P.O. Box 1243, Boone, N.C. 28607. For telephone orders using major credit cards, call (704) 264-7147.



Bonus mini-print "Grandma's Hands"

Co-ops give education a priority

By Doug Strattman

The rural areas of North Carolina are increasingly attracting new or expanded business and industrial operations. The remote nature of these areas, which once limited their appeal for such ventures, no longer assigns them a disadvantage compared to urban locations.



Doug Strattman

Service companies that must stay close to their customers in order to survive can do so quite effectively even in rural areas today, thanks to the revolution in communications. Computers, fax machines and other technological advances allow rural locations to attract projects that once were beyond their reach. And rural areas continue to offer the advantages of a reliable labor force, which has long been highly regarded for its strong work ethic, its trainability and its high level of motivation.

Our success in attracting manufac-

turing operations to remote locations is the envy of other regions. Our achievements have come primarily through effective partnerships involving state and local agencies, including the Electric Membership Corporations. The co-ops contribute by offering attractive rate schedules, reliable service, financing options and various other services. In addition, they often

A co-op helps a local company get started in Moore County; another helps bring 800 jobs to Bladen County. It's part of the co-ops' emphasis on quality of life issues.

play a leadership role in fostering expansion of existing industries, where most growth occurs in today's economy. This is due to the EMCs' emphasis on providing quality service

to all their member-owners—residential, commercial and industrial.

When Cotton Creek Chip Corporation developed plans for an all-electric wood chipping facility in Moore County, a top priority was safe, reliable, economical power. Randolph EMC, Asheboro, not only met the company's needs but also smoothed the way for its fast-track construction timetable. (See feature, page 6.)

Meanwhile, Four County EMC, Burgaw, was instrumental in persuading Smithfield Foods to build a huge meat packing plant in Bladen County. The co-op now serves the new facility, which is adding about 800 jobs to the area's economy.

It's important that efforts of this kind continue, but they alone will not sustain our state's remarkable record of success in rural development. We must also shore up support for basic services that are critical to economic prosperity. The most obvious of these is education, which is essential if we are to offer industry a skilled workforce. Without that, there can be little hope for attracting new jobs or for growing new opportunities for wage earners to prosper. Without jobs, many of our talented young people will be forced to leave the state to find attractive career options.

As the state's EMCs continue to focus on quality of life issues affecting their members, they will give a higher priority to education. It's an integral part of any attempt to provide jobs for the communities they serve. And it's essential if the co-ops are to continue their tradition of providing quality services that improve the lives of rural people. ●

Doug Strattman is manager of marketing and economic development for Carolina Electric Cooperatives.

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Ships 350,000 tons to paper mills

New venture a sure bet with these chips

By Michael E.C. Gery
Associate Editor

Loggers in many parts of North Carolina once cut through a forest to take only the trees that could be sawed into lumber. They would leave the fallen limbs and small trees to be burned or bulldozed into the ground.

The leftover wood could have been used as "pulpwood," a raw material for making paper. But until recently, it has not been profitable to carry much North Carolina pulpwood all the way to paper manufacturers.

Improved technology and trans-

portation have changed the scene for the North Carolina forest products industry. Now, what is left after logging can be cleared away and sold.

As a result, woodland owners can sell more of their forest resource, and loggers can remove more after a cutting. A tract of woodland also can be re-planted or otherwise restored more quickly than in the days when the leftovers were lying around.

With big chippers now available near North Carolina's forests, loggers can move the forest leftovers only a

short distance for processing into wood chips. They, in turn, can be easily and economically shipped to the paper mills—at a profit.

And these are BIG chippers.

At a state-of-the-art chipper in Moore County, an average of 68 tractor-trailer truckloads of logs are processed into wood chips each day. A 2,000-horsepower motor runs



Cotton Creek crane sends pulpwood to the chipper.

the chipper's massive knives.

In one hour, this chipping operation can unload, debark and chew up 10 tractor-trailer truckloads of pulpwood logs.

A logger backs a truck into position in front of a giant crane. Like a steel dinosaur, the crane's claw unloads the truck in just two bites. Then it drops them into a hopper to a horizontal turning drum that's 12 feet in diameter. The drum rests on 12 truck rear-ends; big truck tires roll the drum to beat off the bark. By the time the logs reach the end of that 90-foot drum, they have no bark.

The bark is ground up and sold to paper mills that use it for fuel or to landscapers.

Meanwhile, the knives reduce the logs to chips measuring less than an inch. The chips go through two screens which shake off the sawdust. Most of the sawdust goes to brick-



Randolph EMC's Bob McDuffie, left, with Cotton Creek president Bob Jordan during mill construction.

Salstrand Studios, Raleigh



Michael E. C. Gery

makers who use it as filler and fuel.

At the end of the line, finished chips pour into giant bins. Tractor-railers pull underneath to be loaded. Chips also can be dumped into nearby railroad cars.

In a year's time, running an 8-hour shift five days per week, the Cotton Creek Chip Corporation in Moore County produces 350,000 tons of wood chips. The chips are sold to Willamette Paper Company in Bennettsville, S.C., and Federal Paperboard in Riegelwood, N.C.

energy to get things done

The entire operation runs on electricity. You can drive by on Spies Road and not know what goes on behind the pine trees. You can't see it; you can't hear it. You can stand under the giant crane and talk in a normal tone of voice.

One man runs the debarking and chipping equipment from a control tower high above. Another man swings

What about the red-cockaded woodpecker?

Like anyone in the timber industry, Cotton Creek and Jordan Lumber are interested in preserving forests. When they cut one of their own tracts, they re-plant pines, or let the hardwoods take over. Their foresters advise other woodland owners to do the same.

They also protect or restore what the animals consider home.

"The forestry industry wants a healthy forest all over the state," says Fred White, assistant state forester for management and development at the Division of Forest Resources in Raleigh. "They actually tax themselves to let us regenerate the woodlands."

White explains that cleared land will become a forest by itself, but will likely turn into a hardwood forest, rather than a pine or other softwood forest, in 20 to 30 years.

Softwood forests must be planted, or selectively cut, White says, to prevent hardwoods from taking over. And even after 30 years, a pine forest might not yet be mature enough to cut.

"The surest way to grow a softwood forest is to replant it and let it grow," White says.

As the wood products industry

uses more of the forest resource with the help of nearby chipping operations, foresters are studying the environmental effects of removing what was once left on the forest floor. Removing the debris of the previous forest leaves less organic material that formerly built soil and encouraged growth.

"We don't know if this is a concern or not," White says. "But most of the forest we have in North Carolina now began this way. They began after a natural trauma wiped them out."

And what about the red-cockaded woodpecker, an endangered species? It nests in old-growth southern pine trees, often the same tree year after year. If this 8-inch bird is in the area, North Carolina loggers are prohibited from cutting there.

"It's not really the lumber industry that has removed the woodpecker's trees," says state forester White. "It's mostly where land has been cleared for farming and urban infrastructure."

And with North Carolina's woodlands held by 300,000 different owners, "all with different plans, or more often lack of plans," White says, "we are almost guaranteed plenty of maturing timber across the state."

the crane. The railroad cars are controlled by an automatic eye.

Doug Richardson supervises. He is Cotton Creek's manager. Bob Jordan, president of Jordan Lumber Company in Mt. Gilead, the major partner in Cotton Creek, told Doug Richardson to build a chipping mill here in 1990. Richardson looked at other mills, then visited Fulghum Industries in Georgia, a firm that builds such facilities worldwide. Fulghum designed a mill especially for Jordan.

In June of 1990, Cotton Creek cleared 27 acres in Moore County, just

east of Highway 220. In October they poured concrete. Fulghum came to the site and erected the crane in two weeks. By the end of February 1991, the mill was chipping pulpwood.

"Our biggest worry was electricity," Richardson says. The chipper motor alone needs 4,160 volts of power.

"Randolph Electric didn't even have power lines in this area then," Richardson says. "When we talked to them in May 1990 and said we wanted to be running by the next winter, they said experts told them 'no way.'"

continued on page 5

How to save \$15,000 on your electric bill

When most people are using electricity in Randolph, Montgomery, Moore and southeast Chatham counties, the Cotton Creek Chip Corporation shuts down. If the chipper runs during peak periods of electricity usage, it could cost the corporation an extra \$15,000 a month.

So Cotton Creek, of course, runs during the off-peak. A red light flashes and a warning signal sounds at three locations around the Cotton Creek mill as soon as Randolph EMC alerts mill officials that it is approaching a peak in demand, when electricity costs the co-op the most. At that signal, Cotton Creek shuts down.

Plans for Cotton Creek were a high priority for Randolph EMC in 1990. It would be one of the EMC's biggest consumers, requiring about 1 million kilowatt-hours a year. At the time, there was no way to provide that amount of service to the location.

"We had already planned to upgrade service to that area," remembers Allen F. Holt, Randolph's manager of administrative services. "This fit nicely into our plans."

But Cotton Creek wanted it done in only seven months—a job that would normally take twice that long. And it didn't want to pay that

extra demand charge for using electricity during peak demand periods.

"We talked with them about their operating methods, and learned they could run four hours, then shut down to sharpen the blades, then start up

again," Holt says. "And we showed them our load charts, when the peaks occurred in different seasons."

In the end, Cotton Creek arranged to start up between 6 and 7 a.m. in summer and shut down at the afternoon peak, and to start at 9 a.m. in winter to avoid the morning peak. It enabled the business to take advantage of lower



When the signal box at left flashes red, the operator will shut down the chipper.

of lower off-peak rates. And it saves money for the co-op and its members.

Bob McDuffie, Randolph EMC's chief, says, "To be able to sell energy with-

out creating any new demand is something every electric utility is looking to achieve."

Randolph built a substation and ran a four-phase power line to that vicinity, essentially dedicating a circuit to the mill.

"Other members in that area won't see blinks if there's a surge of use coming from the mill," Holt says.

Randolph also buried the prime feeder line serving the mill yard to avoid running overhead lines that could pose a hazard and interfere with

the big machinery and vehicles.

"I have never had the pleasure of working with anyone more interested in working out an

arrangement as Bob McDuffie and the staff of Randolph Electric," says Bob Jordan, who has been in the wood business 35 years. "That mill would not be there today without their help."

"That mill would not be there today without the help of Randolph Electric."

—Bob Jordan

continued from page 7

Well, Randolph had the power here in January."

The staff of Randolph Electric Membership Corporation, based in Ashboro, did more than that. They also figured a way for Cotton Creek to save almost \$15,000 a month on its electric bills (*see box, left*).

Economic energy

Bob Jordan likes these numbers. The former North Carolina lieutenant governor hopes to help build the state's economy as chairman of the state Council on Economic Development.

The Cotton Creek Chip Corporation, Jordan figures, contributes \$9 million a year to the state's economy: to loggers, woodland owners, suppliers, railroad, county and state treasuries, the electric co-op and everyone in between.

The wood products industry is second only to agriculture in the state's ranking of industries, Jordan says. The market looks good, he adds, and the industry works well with environmental interests.

He expects to see commercial logging restricted on public forestland soon, as well as further environmental regulations, and recognizes the need for such protection. He also points out that technology has made the industry increasingly efficient. Computers now calibrate how to saw boards, for example.

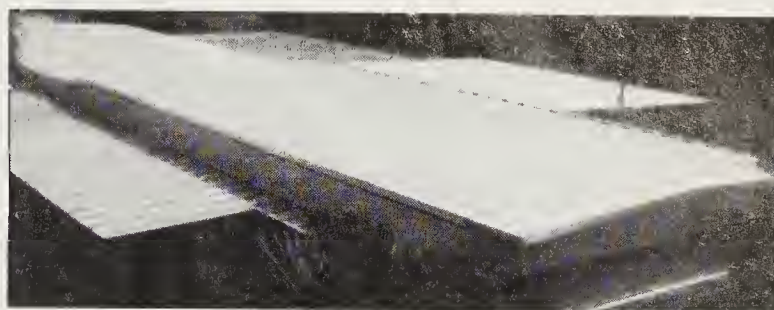
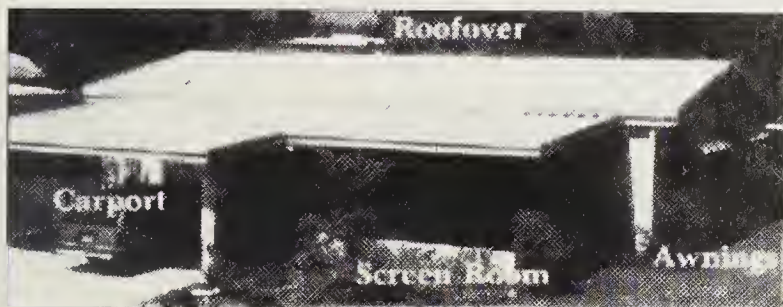
The latest U.S. Forest Service survey of North Carolina reported that more trees are growing than are being cut, Jordan says, "although in some places it may not *look* that way."

Balancing conservation, reforestation, and regional economic growth is how the timber industry does business these days. "In all my 35 years in this business," says Bob Jordan, "I have never seen a more exciting time." ●

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Use major appliances off-peak

Beat the peak to cut power costs

By Kim Whorton
Staff Writer

When you finally get around to calling your oldest, dearest friend, chances are good you check the clock before dialing—to see if your long distance carrier's lowest rates are in effect.

You know the call could take awhile—you need time to catch up. You're interested, of course, but you'd rather not spend a fortune while listening to

your friend's triumphs, trials and tribulations.

You've learned to plan your long-distance telephoning when you can because the phone company rewards

you for making calls during off-peak periods. The discounted rates give you a built-in incentive for doing so.

The same principle applies to the electric service that's provided by Carolina Electric Cooperatives—except that the incentives may not be part of the rate schedule.

If you use less electricity during hours when demand for it is highest, you can help your cooperative trim its operating costs. By using your major appliances during off-peak hours, you can reduce your co-op's expenditures for peaking power, which usually carries a premium price tag.

The pricing arrangement for both kinds of utilities is based on the same principle: as consumer demand is spread more evenly throughout the day, equipment operates more efficiently. This allows the utilities to avoid investing in new facilities that

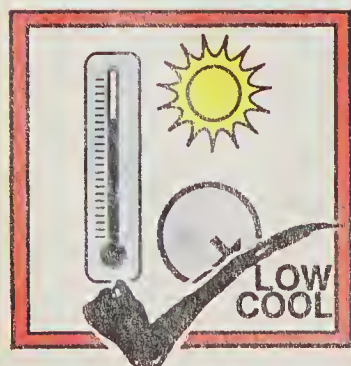
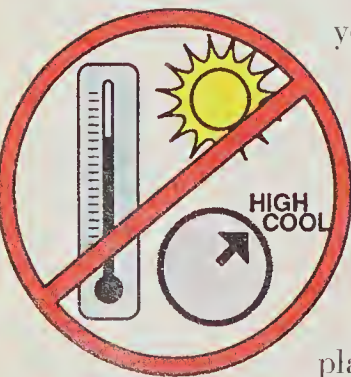


initially would be needed only during periods of peak demand.

That's why your co-op can save substantial sums of money whenever it can "beat the peak" by shifting loads to off-peak hours.

To encourage you to help in this effort, your co-op may return some of those savings directly to you through a credit on your monthly power bill.

Consumers create two peak usage periods: in the morning as they prepare for the day, switching on lights, using hot water and running various electric appliances; then again in early evening when they return home to prepare the evening meal and resume the use of major appliances, such as washing machines, electric ranges and dishwashers.



You can help cut your Electric Membership Corporation's power costs by planning your power use to avoid these peak periods. Because the cost of wholesale power is a co-op's single largest operating expense, lowering that cost is a top priority.

Load Management

Your EMC offers a load management program that's designed to reduce peak demand. It involves placing a switch in your home that briefly shuts off your central air conditioning system (or heat pump) and your water heater to hold down the demand at peak periods.

The load management program is operated for 27 of North Carolina's electric co-ops from the state office of Carolina Electric Cooperatives in Raleigh.

Since it began operating as a statewide program in 1986, load management has saved the co-ops more than \$90 million in wholesale power costs, according to Don Wright, manager of operations for Carolina Electric Cooperatives.

The program operates an average of five days per month. When it is activated, the appliances are controlled for up to four hours, on the average. However, control time can be as long as six or seven hours during the summer and seasonal transition months.

That's longer than engineers had expected to operate the system when it was set up.

"Early in the program, we found that we had to control for as much as four hours if we were to be effective," Wright said. "This is especially true during the transition

Simple steps you can take

Load management is just one of many effective methods of reducing your co-op's peak demand, according to Sandy Perry, director of residential marketing for Carolina Electric Cooperatives.

"We encourage every consumer to participate in load control. And you also can help hold down the peak by taking a few simple steps on your own," she said.

They include:

- Use a microwave oven rather than an electric range to prepare meals. The microwave uses less electricity than the range, and the range can really heat up the kitchen during warm weather. Prepare food in quantity over the weekend and reheat it in the microwave during the week.
- Wash and dry clothes after the evening peak has passed.
- Run your dishwasher when you retire for the evening.
- Boost your water heater's efficiency by wrapping it in an insulated blanket. It'll help the unit retain as much heat as possible.
- When cooling your home, turn the thermostat up. Each degree the thermostat is raised can save you 8 percent on your cooling bill. Use ceiling and circulating fans to move the cooled air so you can raise the thermostat while still maintaining comfort.
- During the warm months, perform heat- and moisture-producing tasks such as baking, washing, drying, dishwashing and showering during the cooler evening hours.
- Create shade for your home by planting trees, adding overhangs, shutters, draperies and solar screens.
- Buy only high-efficiency equipment when replacing old appliances.

months—in the spring and the fall."

During these periods it may be necessary for load control to be initiated in the morning and in the afternoon to offset the peak demand, he added.

Mary Younce, a customer service representative at Blue Ridge EMC,

Lenoir, explains the benefits of load management to new members when they sign up for service.

"I tell our members that there is no inconvenience, and that by participating they are actively working to help keep our rates down," she said.

Most water heaters work efficiently enough to maintain the water temperature even when power is cycled off through load control. During the off-cycle for air conditioners, you can switch on the fan to circulate air and help keep your home cooler.



continued on page 12

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Each cooperative has an individual load control plan, which is tailored to its needs and geographical location.

If you don't have a load management switch already installed on your central air conditioner, heat pump or water heater, contact your EMC about participating. There is no charge for installation, and the co-op will repair or replace the switch at no charge if it fails to work properly.

For more information about the load management program, contact your local electric cooperative. ●

Ask if your co-op offers any of these services:

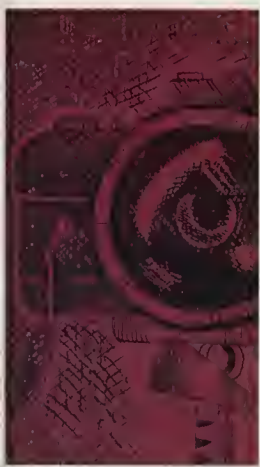
• Free energy audits to members who want to know what they can do to improve their homes' energy efficiency. A representative from the co-op will check such areas as insulation, windows, weather stripping, caulking, return air filter, temperature setting on the water heater and the heating/cooling duct system. The co-op employee can even check the home's heat loss or gain to determine what size heat pump would best fit your home.

• Time-of-day rates: lower rates that apply at off-peak times, higher rates that apply during peak periods.

• Interruptible rates: lower rates for allowing the co-op to switch off power temporarily during peak times.

• Electric thermal storage space heaters, which use electricity during off-peak times to heat a ceramic material—which then releases the stored heat during peak times.

• Rebates for energy-efficient heat pumps.



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Teacher award
honors Sarah Pratt.**

Millie Lilley heads national women's group

Millie Lilley of Greenville, representing Edgecombe-Martin EMC, Tarboro, has been elected president of the National Rural Electric Women's Association. She also chairs the women's action committee, the association's governing body.

As chair, Lilley conducts the meeting of the women's action committee at the annual meeting of the National Rural Electric Cooperative Association. She will visit other states to help organize co-op women's committees and offer advice on the operations of such groups.

"Women's committees offer women in the community an opportunity to learn about leadership and self-confidence," Lilley said. "NREWA is often wrongly perceived as a 'tea and cookies' operation. We want to say a good word for the co-ops; we've got to be a public relations force for our cooperatives."



Millie Lilley

Surry County family wins Good Earth prize

A Surry County farm family has been honored at the U.S. Capitol for contributions to environmental quality.

The Charles L. and Helen White family of Elkin was one of three families to win the Good Earth Family Award given by the Good Earth Council of the National Endowment for Soil and Water Conservation.

The award has been given yearly since 1983. The Whites were recog-

nized for their use of conservation plans, stripcropping and conservation tillage, grassed waterways, field borders, tree planting, wildlife habitat and pasture management.

The White family operates a 1,140-acre farm in Surry County, growing tobacco, corn, soybeans, hay and other small grains. They also raise beef cattle.

Tri-County EMC receives first safety accreditation

Tri-County Electric Membership Corporation, Dudley, has received its first national accreditation recognizing the co-op for its employee and consumer safety programs.

Co-op manager J. Michael Davis said, "Achieving safety accreditation at our cooperative for the first time signifies a team effort in making safety an integral part of our daily operations."

To become a candidate for accreditation, Tri-County EMC registered a statement of intent with the National Rural Electric Cooperative Association, then filed a formal application, reports on field observations and documentation for activities dating back three years.

A committee of safety specialists representing co-ops from across the country evaluated Tri-County's file and ruled that the EMC had met or exceeded all requirements for safety and loss control practices. As a result, the co-op received a Certificate of Excellence for Safety.

Tri-County EMC becomes the 26th North Carolina co-op to receive a national safety accreditation. It was one of six that were seeking certification earlier this year. Each of the others was re-accredited. They are:

Albemarle EMC, Hertford, which received its seventh accreditation; Carteret-Graven EMC, Morehead City, its eighth; Harkers Island EMC, its fifth; Pitt & Greene EMC, Farmville, its seventh; and Union EMC, Monroe, its fifth.

13 EMCs cited for communications achievements

Thirteen electric cooperatives across the state have been honored for outstanding achievement in communications as part of a statewide competition.

Five of the Electric Membership Corporations received multiple awards in the judging, which recognized internal, external and specialty publications produced by the co-ops.

Blue Ridge, Lenoir, took five; Union, Monroe, three; South River, Dunn, three; Jones-Onslow, Jacksonville, two and Tideland, Pantego, two.

EMC employees cited were Maggie Tilley and Cornelia Cornell at Blue Ridge; Luanne H. Sherron at Union; Jeff Lowe at South River; Steve Goodson and Ken Jones at Jones-Onslow; and Heidi Smith at Tideland.

Lowe also received the "Summit Award" for achieving the highest average score on all entries submitted.

The contest involved three communications professionals as judges and was coordinated by the state office of Carolina Electric Cooperatives.

Also honored were:

Albemarle EMC, Hertford—Larry Johnson; Four County EMC, Bur-

gaw—Cathy Johnson; Haywood EMC, Waynesville—Betty Boger; Edgecombe-Martin County EMC, Tarboro—Eddie Stocks and Debbie Sykes; Crescent EMC, Statesville—Sharon F. Ervin; Lumbee River EMC, Red Springs—Alan Smith; Pitt and Greene EMC, Farmville—Johnny R. Dilda; and Davidson EMC, Lexington—John Jenkins.

McDowell County woman is N.C. Teacher of the Year

A McDowell High School English and social studies teacher, Sarah Moss Pratt, is the 1993 North Carolina Teacher of the Year.

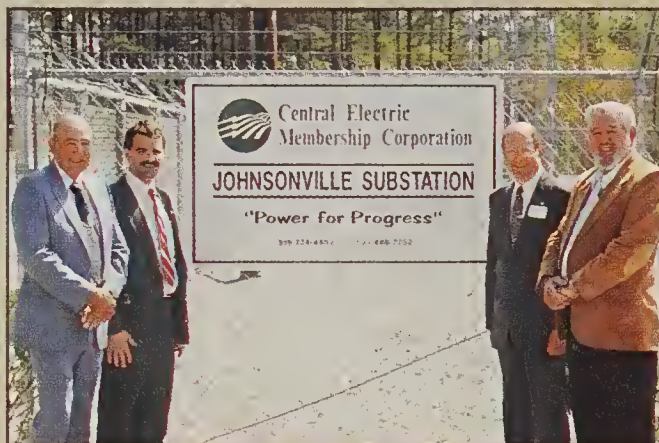
She was selected by a panel formed by the N.C. Department of

Central EMC dedicates substation to L. Reid Harris

Travelers along Highway 27 in the Johnsonville area of Harnett County will have reason to think of L. Reid Harris when they pass the brand new substation built there by Central Electric Membership Corporation, Sanford. The co-op dedicated the facility to the retired EMC manager during a ceremony in April.

People in the area really don't need a reminder of Reid Harris, however. He has been a well-known personality in the rural communities of Chatham, Lee, Moore and southwest Harnett counties for more than a generation.

For 45 years he worked for Central EMC, which was a very young, consumer-owned electric cooperative when he joined the staff. His dedication to the co-op eventually earned him promotions to bookkeeper, then office manager, and in 1957 he



At the dedication ceremony were, from left, Central EMC board president William C. Dalrymple, manager Thomas M. Stackhouse, L. Reid Harris, and substation construction foreman Joe O'Quinn.

became manager. He retired as general manager on Jan. 31, 1992.

When Harris was named manager, the co-op served less than 2,800 consumer-members. Today the co-op serves more than 10,000 homes, farms and businesses.

The new Johnsonville substation is an indication of growth in the Central EMC area, according to co-op officials.

The facility is needed to meet

current and future service requirements, says Manager Tom Stackhouse.

It is energized by a 115,000-volt transmission line which runs from the Manchester area near Spring Lake.

The substation distributes electricity to consumer-members in northwest Harnett County, southern Lee County and a portion of eastern Moore County. Stackhouse says the Johnsonville facility also ties in with lines from the Sprout Springs substation, allowing Central EMC to switch from one substation to the other for maintenance purposes or during emergencies.

Stackhouse, who had worked with Harris since 1983, succeeded him in 1992.

"All that I know and appreciate about rural electrification, I learned from him," he says.

Harris lives in Sanford with his wife of 45 years, Clara.

Public Instruction, which administers the program. She will represent the state in the National Teacher of the Year competition later this year, and will participate in presentations and workshops in the state this summer.



Sarah Moss Pratt

Pratt is the guiding force behind the Communities in Schools/Burger King Academy dropout prevention program in McDowell County, the first rural community in America to join the Burger King Academy.

As the academy's administrator, she coordinates the resources of community businesses and organizations to "help remove the barriers between students at risk of dropping out and their graduation."

Pratt said she represents "excellent educators across North Carolina who are true professionals."

Commenting on strides the state has made in public education, Pratt said, "In the last few years, communities and schools have reached out to seek help from the community

resources they know are there. If people and businesses and clubs know what to do to help their schools, they are more than willing."

A Greensboro native who grew up in Salisbury, Pratt graduated from Catawba College and holds a master's degree in teaching from the University of North Carolina at Chapel Hill. She has taught for 20 years, more than seven at McDowell High School in Marion. She chairs the McDowell County Schools' Education Foundation and is a consumer-member of Rutherford Electric Membership Corporation, Forest City.

The other finalists were Judith Flood McKenzie, Elizabeth City-Pasquotank County Schools; Mary D. Ostwalt, Watauga County Schools; R. Parks Allen, Randolph County Schools; Phillis Q. Ostheim, Wayne County Schools; and Myra U. Deane, Richmond County Schools. ●

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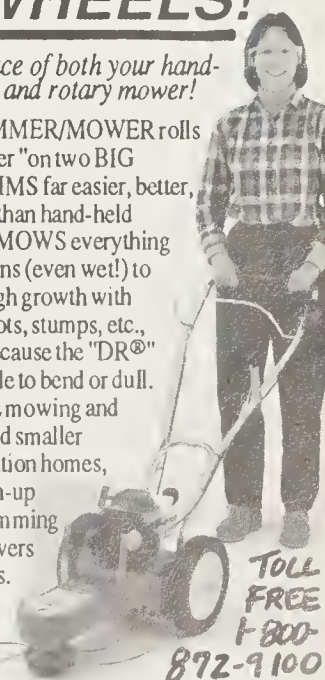
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"Protect and inspect" is best defense against ticks

Unfortunately, North Carolina is often a leader in the number of reported cases of Rocky Mountain spotted fever, a sometimes fatal illness carried by ticks. While it's too early to know what this year will bring, an entomologist at North Carolina State University suggests using "protection and inspection" as the best defense against ticks and tick-borne diseases.

North Carolina is home to several different species of ticks. According to Charles Apperson, the most common are the American dog tick, which can pass on Rocky Mountain spotted fever germs, and the Lone Star tick.

"American dog ticks are found from the coast to the mountains," said Apperson, also a specialist with the N.C. Cooperative Extension Service. "One to five percent are infected with the bacteria that cause the disease."

He added: "Protection and inspection, keeping ticks away from the skin as well as regularly checking yourself and having someone check areas you can't see, are the primary ways to control tick-borne diseases."

Protection can take many forms: layering clothing, tucking in pant legs

and shirt tails, using an insect repellent containing diethyl toluamide (DEET), staying on paths where vegetation is less dense and checking campsites for possible infestations.

"Drag a white cloth attached to a stick along the ground, and the ticks will grab the cloth just like it was an animal," Apperson said. "The cloth's light color will allow you to see them more easily."

People should inspect themselves frequently and thoroughly any time they have been outdoors in wooded or grassy areas. Apperson said American dog ticks must be attached for six hours in order to transmit the bacteria that cause Rocky Mountain spotted fever.

To remove an attached tick, people should shield their fingers with paper toweling or, if the tick is small, use tweezers. Then, gently and with increasing force, pull the tick directly back. The tick will be pulled free within about 10 seconds.

Keeping track of the date is vital

as the flu-like symptoms of Rocky Mountain spotted fever or Lyme disease, another tick-borne illness, will usually occur within two to four weeks. If any symptoms develop, the preserved tick can be taken to a Cooperative Extension Service center to determine if it is likely to have carried disease.

Some remedies for tick removal, such as matches, petroleum jelly and nail polish remover, will not make the tick release and might even make the task harder, Apperson said.

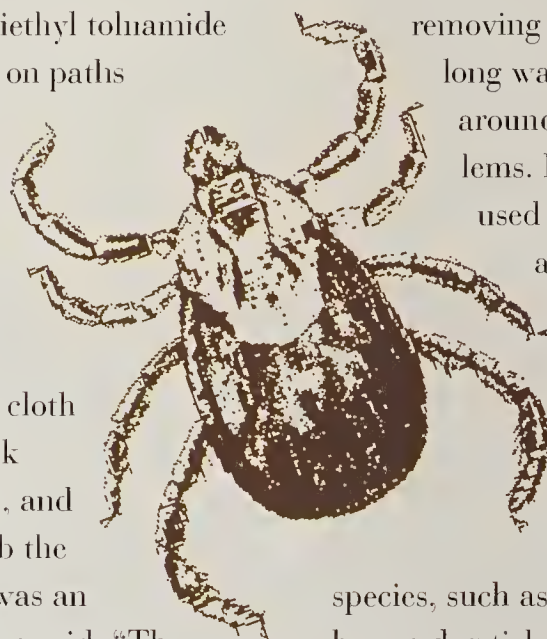
Keeping lawns mowed as well as removing leaf litter will go a long way toward controlling around-the-house tick problems. Pesticides may be used on a limited basis but are not efficient for large areas, he said.

These control measures are also effective against the Lone Star tick and other North Carolina

species, such as black-legged and brown dog ticks, Apperson said.

The Lone Star and black-legged ticks are known to occasionally carry the bacteria that cause Lyme disease, a debilitating illness that sometimes results in arthritis. While a few cases of Lyme disease have been reported in North Carolina, Apperson said it has never been proven that the more prevalent Lone Star tick has served as the carrier.

"Lone Star and brown dog ticks are really more nuisance ticks," he said. "But it's important to save any tick you remove so, if it becomes necessary, the species and the probability of it carrying a disease organism can be determined." ●



Ocracoke recipes benefit fire department

If there had been a fire department and rescue squad on Ocracoke Island in 1585, Sir Walter Raleigh's ship "Tyger" could have called for help when it ran aground. Someone might have dialed 911 when Blackbeard the pirate was beheaded here in 1718.

But the fire department was not formed until 1966 when Sam Jones bought a fire truck and R. Stanley Wahab built a firehouse for it. Now the local volunteers look out for the safety of islanders and visitors in cooperation with the National Park Service and U.S. Fish and Wildlife Service.

Such is the tone of the new cookbook, "Hoi Toiders Recipes," published by the Ocracoke Fire Protection Association to benefit the volunteer fire department.

The book is 130 pages of "recipes

and remembrances ... contributed by firemen, association members and their kin, local bingo freaks, cooks, fisherfolk, local restaurants and maybe a celebrity or two." The principal committee members were Pat Gibson, Dorene Sutton and Therese Rittue "Butsie" Brown.

"It was such fun to do," said Butsie Brown. "And the nicest part of the whole project was being able to spend

quiet times rocking on the shady porches while gathering stories of times gone by."

Copies of "Hoi Toiders Recipes" cost \$9.95 in local stores or \$12 by mail, including tax and shipping, and are available from Ocracoke Fire Protection Agency, P.O. Box 332, Ocracoke, N.C. 27960.

Here are some selections from the book:

Baked Fish the Fast Way

(This will feed hungry firefighters in a hurry.)

Filets of any fish ... (but especially great with bluefish)

With bluefish, make sure the dark line is removed when you filet. Wash fish and place on a cookie sheet lined with foil. Sprinkle with lemon juice. Salt and pepper if you wish. In a plastic bag, crumble Ritz crackers until they are fine. Melt enough butter or margarine to moisten crackers and mix well. Sprinkle cracker mixture over fish. Bake at the highest temperature on your oven dial for 12 minutes.

—Janet Pelletier

Squash Patties

1 egg, beaten
½ teaspoon salt, dash of pepper
1 tablespoon of sugar
2 tablespoons of milk
2 tablespoons of chopped onion
1 cup of cooked, mashed, drained squash
½ cup of self-rising flour
oil

Mix all ingredients. Form into patties. Fry in pan in oil until brown on both sides. Drain on paper towels. Batter will keep 1 week in refrigerator.

—Dee Dee Thacker

Pat's sister-in-law from Eden, N.C.

Breakfast Casserole a la Prever

(A great crowd pleaser and easy to prepare ahead of time.)

16 slices of bread with the crust cut off	3 cups of milk
8 slices of ham or ground ham (you can use more)	½ teaspoon of salt
8 slices of sliced American cheese	1 dash of pepper
8 eggs lightly beaten	1½ teaspoons of Worcestershire sauce
1 cup of chopped onions	½ teaspoon of dry mustard
1 cup chopped green peppers	2 cups of crushed potato chips
	¼ pound of melted butter

Line a 9 x 13 greased pan with 8 slices of the bread. Top with the ham, cheese, onions, green peppers and lastly the remaining eight pieces of bread. Whip together the eggs, salt, pepper, dry mustard, Worcestershire sauce and milk. Pour it over the sandwiches. Let it stand overnight in the refrigerator before baking. Bake at 350 degrees for about an hour. Top with crushed potato chips and drizzle melted butter over all.

—Mitch Prever

U.S. Coast Guard

Book Briefs



New books
about North
Carolina nature.

Wild Shores

by *Walter K. Taylor*
Down Home Press
160 pp., softcover, with photographs

All citizens own waterfront property," Randolph County outdoor writer Walter K. Taylor says in "Wild Shores," referring to the abundant public property along North Carolina's coast. His book describes access and opportunities in the beaches, swamps, creeks, rivers and wildlife refuges of the Outer Banks, Currituck Sound, Dismal Swamp, Chowan River, Roanoke River and the Albemarle and Pamlico Sounds. Includes practical information as well as musings on their beauty and natural history.

The price is \$13.95 at bookstores. Add \$2.34 for shipping and tax when

ordering from the publisher: Down Home Press, P.O. Box 4126, Ashboro, N.C. 27204. Phone: (919) 672-6889.

North Carolina Wildflowers

by *Bereryl Morgan*
Falcon Press
32 pp., illustrated

Subtitled "A Children's Field Guide to the State's Most Common Wildflowers" for parents or young readers featuring common wildflowers in all regions of the state. Each flower has its own description and watercolor illustration. Includes glossary and index. Illustrated by D.D. Dowden.

Available for \$5.95 from Falcon Press, P.O. Box 1718, Helena, Mont. 59624. Phone: (800) 582-2665.

North Carolina WILD Places

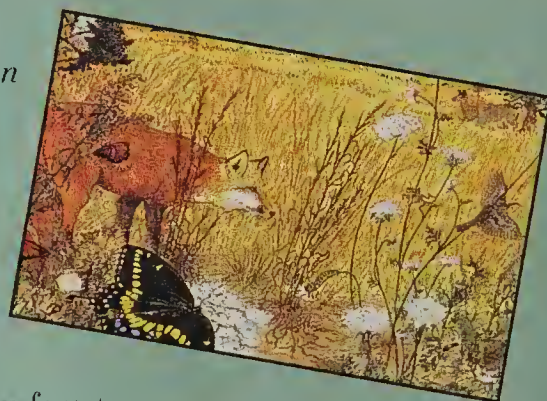
Edited by *Lawrence S. Earley*
N.C. Wildlife Resources Commission
82 pp., illustrated

An easy-to-read book for school children about 13 of the state's wildlife habitats: mountain cove forest, spruce fir forest, trout stream, old field, beaver pond, Piedmont stream forest, Coastal Plain bottomland hardwood forest, Sandhills longleaf pine forest, savanna longleaf pine forest, pocosin, Carolina bay, coastal salt marsh, maritime forest and ocean hardbottom. Illustrated by Anne Marshall Runyon. For sale at \$10 from the publisher.

Also new is a signed, limited edition North Carolina WILD Places map print by Jackie Pittman, showing several habitats. Artist's proofs are \$40, limited editions are \$25. Also available as a 36-by-24-inch poster for \$6.

A set of three WILD Places posters depicting "Old Field," "Mountain Cove Forest" and the Jackie Pittman poster costs \$8.

For more information and to order, contact N.C. Wildlife Resources Commission, Educational Products, 512 N. Salisbury St., Raleigh, N.C. 27604-1188.



Protect your home against break-ins

By Warren Kennedy Jr.

More than 40 million crimes are committed nationwide each year.

Estimated losses from property crime total nearly \$10 billion yearly. In over half the household burglaries, the burglar entered without force—usually through an unlocked door or window.

It doesn't take much to outsmart most burglars. They're usually not "pros." Most home burglars are amateurs who are looking for homes which present the least risk of detection and the maximum potential for escape. Often they're kids taking advantage of an easy mark. Simple, practical crime prevention techniques, when implemented, are demonstrating overwhelming success at deterring burglars.

Protect your home by starting where the burglars usually start—outside. Look around. Are there large trees near the house? Prune limbs that could help a burglar climb in



second floor windows. Don't forget to trim trees and bushes so doors and windows are visible to neighbors.

Remember, criminals avoid light. Porches and yards should be well lighted. Ask your electric cooperative about outdoor security lights.

Want to stop the clock on burglars? Inspect all points of entry into your home. All outside doors should be solid core in construction with a deadbolt lock mounted to it. The deadbolt lock should have at least a one-inch throw minimum.

Sliding glass doors need special attention. Determined burglars may lift the door off its tracks. Insert screws along the upper track of the door. Leave enough room for the door to slide, but not enough space to lift the door out. When locked, wedge the sliding glass door with a swinging metal rod (a "Charlie Bar") to pre-

vent entry even if the lock is picked or broken.

Don't neglect your windows. Double-hung windows are easy to jimmy open. To prevent entry, drill a downward sloping hole through the top of the bottom sash and into (but not through) the bottom of the top sash. Insert a nail in this hole to prevent the opening of either sash.

Join Operation Identification. Borrow an engraving tool from your law enforcement agency and engrave your driver's license number (and state name) on valuable property.

Be a good neighbor. Keep an eye on

your neighbors' homes, and get them to do the same for you. If you see something suspicious, call your local law enforcement

immediately. Contact your local police about starting a community watch program in your area.

Some final tips on how to protect your home are:

- Make your home look and sound occupied.
- Man's best friend (your dog) is an automatic alarm.
- Don't advertise your vacation plans.
- Inventory and insure your possessions.
- Lock your doors and windows, always.

Remember, you cannot make your home 100 percent burglar-proof. But, these basic security measures could make your home less inviting to a burglar. ●

Warren Kennedy Jr. is a free-lance writer from Burgaw.




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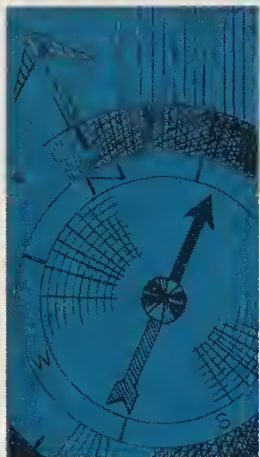
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Handicraft Guild Fair

.....

July 15-18, Asheville

45th annual Southern Highland Handicraft Guild Fair at Asheville Civic Center highlights clay works. Also includes demonstrations in baskets, wood, metal and quilting. Traditional and contemporary crafts for sale. Music and entertainment. Contact the Guild at P.O. Box 9545, Asheville, N.C. 28815.

Blue Ridge Brutal 100

.....

Aug. 27-28

The Blue Ridge Brutal 100 is a cycling century although cyclists may choose shorter routes of 50 miles or 10 kilometers. The route will cover parts of Ashe, Alleghany and Watauga counties and Grayson County, Va. Send a self-addressed stamped envelope to the Ashe Civic Center, P.O. Box 1102, West Jefferson, N.C. 28694. Phone: (919) 246-4483.

Half-price "Horn"

.....

Through Aug. 21, Boone

The outdoor drama "Horn in the West" offers half-price admission to residents of North Carolina who attend on the "County Night" performance when their home county is designated. Performances are nightly, except Mondays, through Aug. 21. For a list of 1993 "County

Nights," contact "Horn in the West," P.O. Box 295, Boone, N.C. 28607. Phone: (704) 264-2120 or toll-free (800) 438-7500.



Annual Shrimp Festival

.....

Aug. 14, Sneads Ferry

The 23rd Annual Shrimp Festival features a shrimp-throw, arts, crafts, military displays, a carnival and a parade. Admission is \$2. Contact Bernice Guthrie, 441 Peru Rd., Sneads Ferry, N.C. 28460. Phone: (919) 327-4911.

Shakespeare Festival

.....

Aug. 14 - Oct. 2, High Point

The North Carolina Shakespeare Festival celebrates its 17th season. This year the festival presents "The Taming

of the Shrew," "The Merchant of Venice" and "King Lear." The deadline for subscriptions is June 30. Contact N.C. Shakespeare Festival, P.O. Box 6066, High Point, N.C. 27262-6066. Phone: (919) 841-2273.

Tour of Homes

.....

July 23, Blowing Rock

44th annual tour co-sponsored by St. Mary's of the Hills Parish. Includes handwork show and tea. Contact Blowing Rock Chamber of Commerce, P.O. Box 406, Blowing Rock, N.C. 28605.

Quilting Spree

.....

Aug. 13-14.

Young Harris, Ga.

Misty Mountain Quilt Guild's first grand scale quilt show. At Young Harris College gymnasium showing and judging quilts in 11 categories, including large, small, wall, miniature, doll, senior's, guild, novelty, master's, wearable and older. Misty Moun-

Folkmoot Festival

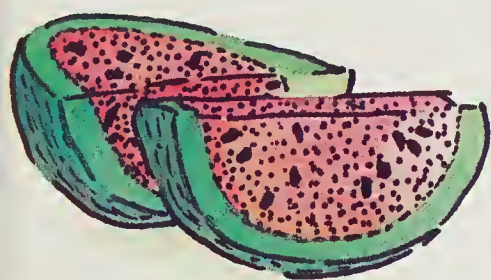
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July 22-Aug. 1, Waynesville

The 10th annual Folkmoot USA will feature 10 premier folk groups representing different parts of the world. Costumes, music and dance. Programs are held in towns across eight of North Carolina's mountain counties. Folkmoot USA was named one of the top 20 events in the Southeast as chosen by the Southeastern Tourism Society. Contact Folkmoot USA, P.O. Box 523, Waynesville, N.C. 28786. Phone: (704) 452-2997.



Watermelon Festival



Aug. 4-7. Historic Murfreesboro

8th annual North Carolina Watermelon Festival features state's largest agricultural parade at 10 a.m. Saturday, crafts fair, food, free watermelon, rides, helicopters, antique gas engine and tractor show, games. Contact Kay Mitchell, P.O. Box 3, Murfreesboro, N.C. 28755. Phone: (919) 398-5922.

tain Guild includes Cherokee and Clay counties, plus the Georgia counties of Towns and Union. Contact Quilts, P.O. Box 913, Hayesville, N.C. 28904. Phone: (704) 389-3627.

Whimmy Diddle Contest

Aug. 14, Asheville

13th annual competition of crafters and fans nationwide who enjoy this Appalachian folk toy made from mountain laurel or rhododendron. Events include defending champions who maneuver one-legged, back-handed and opposite-handed. At the Folk Art Center, Southern Highland Handicraft Guild, Milepost 382, Blue Ridge Parkway east of Asheville. Phone: (704) 298-7928.

Chamber Music Festival

July and August, Spruce Pine

The Cassatt String Quartet performs at the 1993 Swannanoa Chamber Festival along with resident musicians. Sundays at 3:30 p.m. at the First Methodist Church. Contact Toe River Arts Council, P.O. Box 826, Spruce Pine, N.C. 28777. Phone: (704) 682-7215.

Wild Herb Weekend

Aug. 6-8, Valle Crucis

For a brochure, contact the North Carolina Herb Society, c/o J.M. Davis, 1016 Fanning Rd., Fletcher, N.C. 28732.

High Country Crank-Up

July 23-25, Boone

14th annual Crank-Up at High Country Fairgrounds. Antique engines including hit and miss gas models, steam engines, tractors, hot-air engines, corn

meal grinder, log saws. Flea market, auction. Homemade ice cream and other foods. Contact Carolina Fly-Wheelers coordinators Mack Hodges at (704) 264-2196 or Raymond Scholl at (704) 297-4406.

Herb Festival

Aug. 28, Durham

At the Duke Homestead Historic Site. Plants, crafts, books, snacks, workshops. Contact Edna Lovelace Gaston, 2828 Duke Homestead Rd., Durham, N.C. 27705. Phone: (919) 477-5498.

Scottish Gathering

Grandfather Mountain, July 10-11

Highland Games & Gathering of the Scottish Clans at the scenic Grandfather Mountain in Linville. Contact Grandfather Mountain toll-free at (800) 468-7325 or (704) 733-4337.

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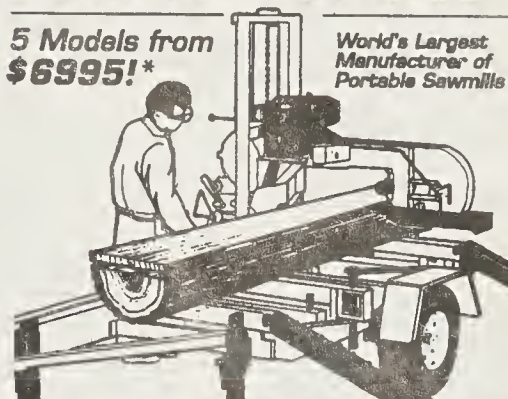
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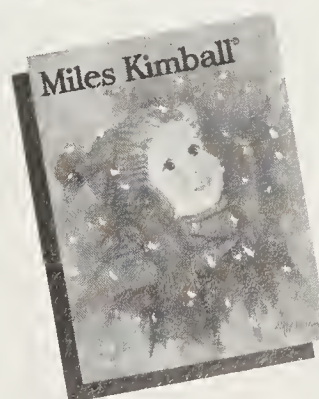
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Hank's Gardening Guide

by Hank Smith



Summer brings rewards.

As summer advances, so does the harvesting of vegetables and flowers. These are the rewards for time spent in planting and cultivating in the spring.

New growth of shrubs has matured to the proper stage for taking cuttings and layering low-growing limbs of such as azaleas and oriental magnolias.

As the heat of summer builds up, you'll want to give priority to watering—don't let plants suffer from lack of moisture. Also give emphasis to spraying for insect/disease control, as well as fertilizing.

Vegetables

Side-dress crops to keep them growing and pro-

ducing. Use a high-nitrogen mixed fertilizer (16-8-8, 20-10-5), ammonium nitrate, or nitrate of soda. One pound of ammonium nitrate, two pounds of nitrate of soda, or one of the above suggested fertilizers, applied to 100 feet of row will be about right. Long-season crops such as tomatoes, eggplant, peppers and okra will need side-dressing every three weeks during the growing season. Short-season crops need one application two or three weeks after planting.

Don't cultivate vegetables too deeply; about two inches is deep enough. Most feeder roots are in the top four to six inches of soil. Deep tillage cuts these, causing a lower yield.

Prolong the bearing season of your beans, cucumbers, okra, eggplants, peppers, squash and tomatoes by harvesting frequently. If seeds within such vegetables are allowed to ripen and mature, these plants will either stop bearing or slow down production.



Compost care

Keep your compost pile turned to get air into the center. A ton of decomposing compost needs about 18,000 cubic feet of air daily. With that much ventilation the compost will dry out rapidly—so keep the pile well moistened.

Tree borers

Inspect trunks and large branches of trees for boring insects which attack dogwood, willow, peach, ash and cottonwood trees. If evidence of injury is found (small hole where the insects entered) treat with a commercial bore spray mixture. Carefully follow instructions on container.

Rooting azaleas

Beginning now, and extending through mid-August, you have an ideal time to take azalea cuttings.

Make cuttings three to four inches from the tip of the branch. Remove all but the top two leaves. Dip the base of the cuttings in powdered rooting hormone and stick

Bridge the gap with perennials

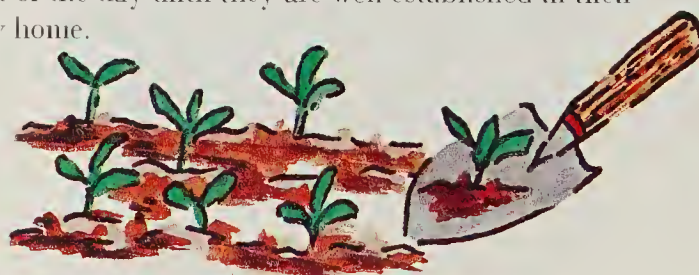
In carrying garden color between spring-flowering bulbs and annual bedding plants, perennials are an excellent aid. From now through late summer is the time to sow seeds of many different perennials. If planted now, the seeds will germinate rapidly and have ample time to develop strong plants for over wintering. Next summer you'll have lots of color in your garden.

The perennial flower bed does best in a level, sunny, well-drained spot that is protected from strong winds. Spade the soil to a depth of 12 inches. If the soil is very sandy, or thick and heavy with clay, work in generous amounts of compost, peat or well-rotted sawdust. Finely ground bark also is good to add to the soil preparation.

Sow the seed evenly and thinly, spacing them six to 12 inches apart. Cover lightly. Firm soil and water with a fine mist. Keep soil evenly moist. Germinating seeds need a continuous supply of moisture.

After seedlings have sprouted and have two true leaves, they should be either thinned or transplanted. Water the seedlings at least an hour before transplanting. Lift each small plant with the tip of a knife, trowel or pointed spoon (such as a grapefruit spoon.) Reset seedlings in a well-prepared bed, spacing them six to 12 inches apart.

Keep seedlings watered and shaded during the hottest part of the day until they are well established in their new home.



them in a rooting bed. The bed should be composed of good garden soil which has been enriched with humus or potting soil. It should be located in filtered light or shade. Be sure to keep cuttings moist.

Azaleas also can be rooted in empty cans which have been punctured with a nail for drainage holes. Be sure to place the cans in the shade.

Azaleas are not difficult to root. You can enlarge your collection by rooting your own. Extras make nice gifts for gardening friends and new homeowners.

In one or two years the small plants will be ready to be moved to their permanent sites.

Bulb planting

The planting of bulbs has been almost at a standstill for many weeks. But, now's a good time to secure Madonna lilies, lycoris, and olechicums. For most situations, all are for autumn blooms. Some will not bloom until next year, however.

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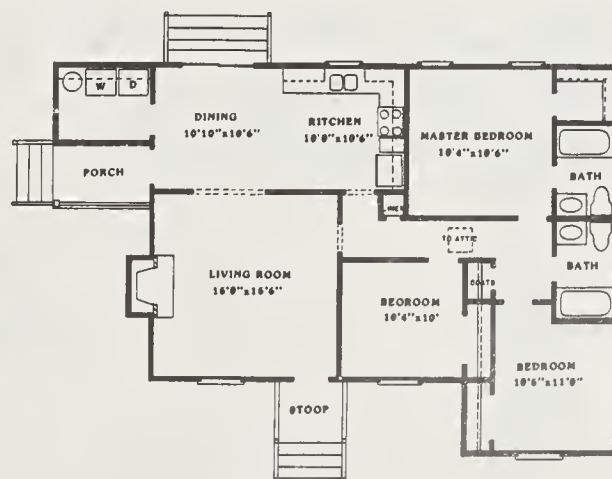


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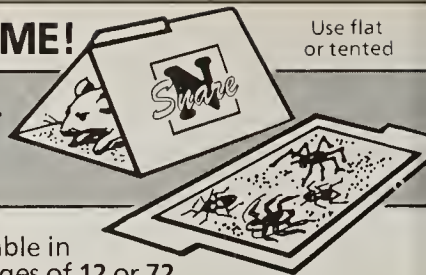
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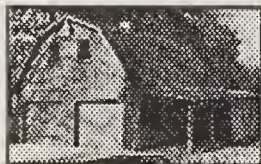
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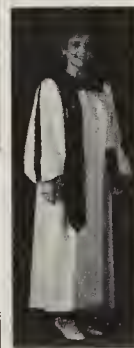
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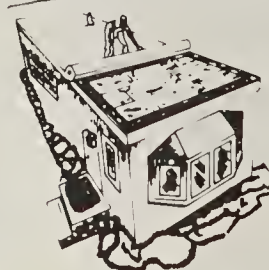
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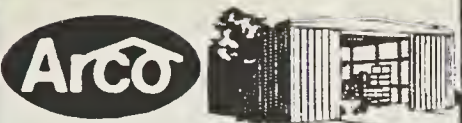
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What drink do you serve on the veranda? ...

**Readers write:
A tribute and a correction.**

What's in a mint julep besides mint?

If you know the recipe for a traditional mint julep, you're part of a minority of Americans, according to a recent University of North Carolina poll.

The drink, which conjures up images of columned mansions and cool Southern verandas, was an unfamiliar concoction to 80 percent of Southerners and 77 percent of non-Southerners polled. Half the rest gave incorrect answers. Only 27 percent of the Southerners and 29 percent of the others had ever tasted the drink.

Here are some of the incorrect answers given to the pollsters when they asked, "What's in a mint julep?"

Seven-Up, creme de menthe, peppermint schnapps, cherries, lemonade, orange cream, "juleps," chocolate and "green stuff."

One respondent said, "It's a square piece of candy that's chewy."

Only about one in 10 people knew the drink contained bourbon. Even fewer mentioned sugar and ice.

The semi-annual Southern Focus Poll, which takes the pulse of public opinion on a broad range of "Southern" topics, had also produced other noteworthy findings. It found that among Southerners surveyed:

- Two-thirds ate traditional foods on New Year's Day.
- They loved their native food even though some knew it was unhealthy.

- More than one-third of young people did not know whether their ancestors fought in the Civil War.

- Only 92 percent were certain that Elvis is dead.

Jim Chaney remembered: "A gallant spirit"

Our December column about the late Jim Chaney, a former editor of this magazine, drew a touching response from one of Jim's counterparts within the editorial ranks of rural electric statewide publications.

Ray Fenton of Helena, Mont., who was co-editor of the Montana Rural Electric News during Jim's tenure with *Carolina Country*, offered a warm tribute to his fellow journalist.

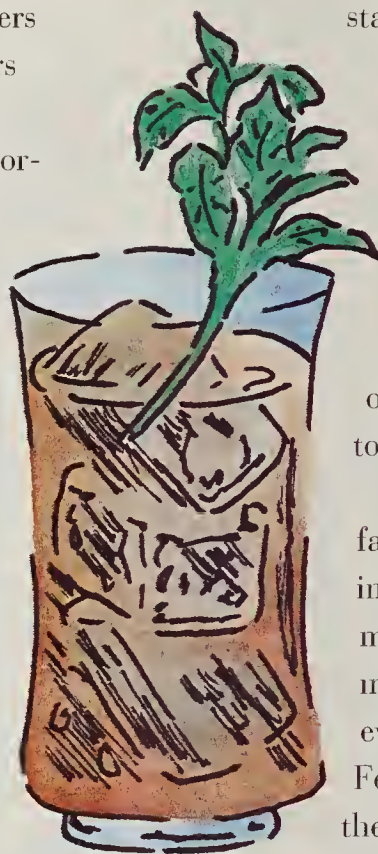
"I want to join Jim's family and many friends in bowing my head in memory of one of the most gallant spirits I've ever encountered,"

Fenton wrote. "He was the embodiment of the

highest accolade a fellow journalist can give: a true newsman's newsman!"

Fenton said Jim's physical handicaps "would have sent most of his peers into a self-pitying, life-long depression," but he "refused to even slow down! Quit? The thought never entered his head!"

When Fenton and his late wife, Mary, retired as the Montana magazine's co-editors, Jim spearheaded an effort among the rural electric editors to honor the couple. As a



result, they became the first "editors meritis" of the editors' association.

Fenton recalled the camaraderie the group enjoyed during its meetings: "Memorable occasions—with some of the most stimulating people I've ever had the honor to be associated with."

He said he will remember Jim fondly as "a stalwart writer/editor; perceptive; a man of high integrity, honorable, compassionate—a true professional who brought fresh meaning to the term, 'journalist.'"

Over photos draw comments

Recent *Carolina Country* cover photos inspired two of our readers to write:

- A Waynesville reader suggests that we may have erred in our description of the Kevin Chelko photo on our May cover.

Nick J. Laub said the insect we called a butterfly "looks strangely like a Cecropia Moth." The moth is a member of the Silkworm family, and is identified by the bulging segmented eyes and wing markings." He added: "Not all flying insects are butterflies."

- Our March cover stirred childhood memories for Lilla Bragaw of Washington. The cover featured Sara Hoog in a Dutch costume amid colorful tulips at the Van Staaldunien family's Terra Ceia Flower Farm. Miss Bragaw recalled that Washington had hosted the area's original Tulip Festival before Terra Ceia took over that role. During the first festival in 1937, she said she appeared in the parade, pushing little Lillian Allen in a wheelbarrow.

"It was gaily decorated with tulips, and Lillian—who was 3 years old—

and I were dressed in Dutch costumes. We not only were 'a cute pair' but we also won a trophy!

"After a lapse of many years, the festival came to life again in 1987, and I had the pleasure of riding in the parade with some of

the former beauty queens.

"The Van Dorps and the Van Staaldunien were friends of mine. They are a wonderful bunch of people!

"Thanks for refreshing memories of such happy times." ●

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Warning:

Cooking time omitted from recipe for canned apples

The recipe for canned apples that appeared in the May Journal failed to include the cooking time required before the apples are sealed in jars.

The apples must be cooked in



boiling water for at least 20 minutes to assure that they will be safe to eat, according to Carolyn Lackey, a foods and nutrition specialist with the North Carolina Cooperative Extension Service.



Lemonade pie

Submitted by Pat Jackson, Mill Spring

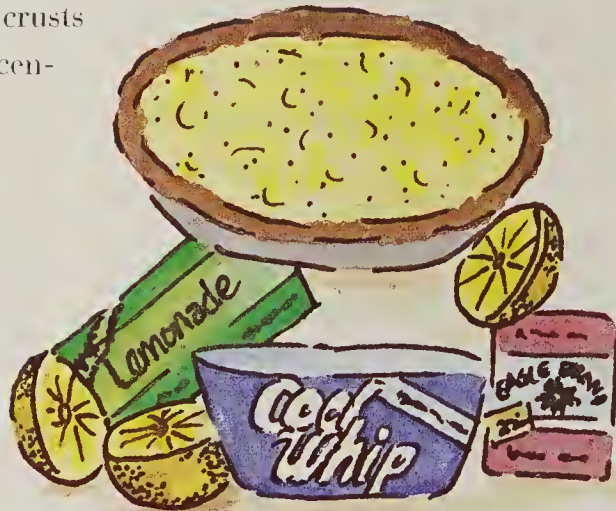
2 (9-inch) graham cracker pie crusts

1 (6-ounce) can lemonade concentrate, thawed

1 can Eagle Brand condensed milk

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Mix lemonade, Eagle Brand milk and Cool Whip. Put into crust and chill.



Pat Jackson says: "I use regular lemonade but pink lemonade can be used."

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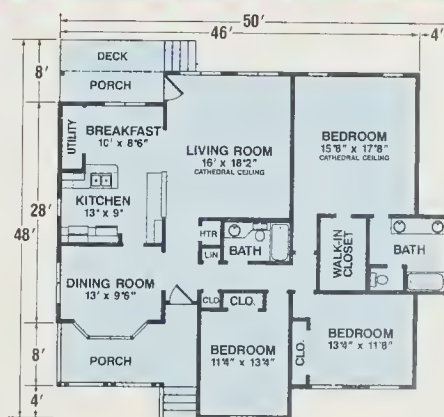
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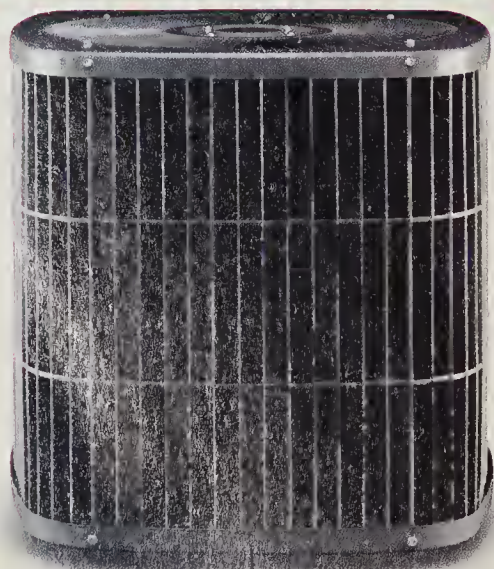
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TO WASTE
ENERGY.



Take a whirl at a hula hoop contest.
Enter a dance marathon.

Ping pong around the village square
on a pogo stick.

If you're going to waste energy, at
least have fun at it.

If you want to save energy, the kind
that costs you money every month,
have a Comfort Machine installed.

It keeps you warm in winter, cool in
summer, and, compared to many fuel
burning systems, it keeps you much
more comfortable with the power bill a
year long.

Whatever fads may come and go in
the years to come, that's something we
expect will never go out of style.



A member of Carolina Electric Cooperatives serving 1.6 million consumers in 95 North Carolina counties. The Comfort Machine is a registered trademark.